

# 2014 Registration Packet



## Norfolk Senior Olympics

May 12-15, 2014

  
**OLD DOMINION**  
UNIVERSITY  
I D E A F U S I O N

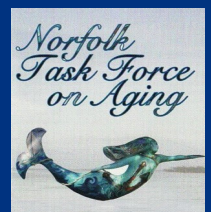


### Open to Ages 50 & Better

Must be a Norfolk resident, volunteer, or active member of a Norfolk Recreation, Parks & Open Space senior citizens organization to participate at no cost (excluding lunch). Non-Norfolk residents pay \$5 per day to participate in the NSO Games and \$5 per day for lunch.



More info:  
757-664-6460  
[Norfolk.gov/RPOS](http://Norfolk.gov/RPOS)



For Tuesday-Thursday events you must register at Old Dominion University (ODU) Recreation Center before checking into events.

### Monday, May 12, 2014

Event	Check In	Event Time	Location	Details
Bowling	9:00 am	10:00 am – 4:00 pm	AMF Norfolk Lanes	Bowling fee \$7.50. To be made payable to the bowling alley on the day of the event.
Billiards	9:00 am	10:00 am – 4:00 pm	Longshots Billiards: 1125 S Military Hwy, Chesapeake	Fee of \$1.75 per game or free with a paid lunch of \$5.95. Tea/soda are free.

### Tuesday, May 13, 2014

Event	Check In	Event Time	Location	Details
Registration		7:30 am – 2:00 pm	ODU Rec Center	
Singles Tennis	8:00 am	9:00 am – 4:00 pm	ODU Tennis Center	
Doubles Tennis	9:30 am	10:00 am – 4:00 pm	ODU Tennis Center	
Bridge	9:00 am	10:00 am – 4:00 pm	ODU England House	
Swimming	9:00 am	10:00 am – 4:00 pm	ODU Pool	
Lunch		12:30 pm – 1:30 pm	ODU Webb Center	\$5.00 lunch fee due <b>April 25<sup>th</sup></b> . No on-site lunch sales.
Softball Hit & Throw	12:30 pm	1:30 pm – 4:00 pm	ODU Quad Lawn	
Horseshoes	1:30 pm	2:30 pm – 4:00 pm	ODU Whitehurst Beach	
Croquet	2:30 pm	3:00 pm – 4:00 pm	ODU Quad Lawn	

### Wednesday, May 14, 2014

Event	Check In	Event Time	Location	Details
Registration		7:00 am – 2:00 pm	ODU Rec Center	
Vendor Expo		8:00 am – 2:00 pm	ODU Rec Center	
Track & Field	7:30 am	8:00 am – 11:00 am	ODU Whitehurst Beach	
Parade of Athletes & Opening Ceremony	10:00 am	11:00 am – 12:30 pm	ODU Rec Center	Athletes participating in the parade must check in at the logistics table.
Lunch		12:30 pm – 1:30 pm	ODU Webb Center	\$5.00 lunch fee due <b>April 25<sup>th</sup></b> . No on-site lunch sales.
Jump Rope	1:30 pm	2:00 pm – 4:00pm	ODU Rec Center/Dance Studio	
Bean Bag Toss	1:30 pm	2:30 pm – 4:00pm	ODU Rec Center	

### Thursday, May 15, 2014

Event	Check In	Event Time	Location	Details
Registration		8:00 am – 2:00 pm	ODU Rec Center	
Table Tennis	8:30 am	9:00 am 12:30 pm	ODU Rec Center	
Texas Hold'Em	8:30 am	9:00 am 12:30 pm	ODU France	
Checkers	8:30 am	9:00 am 12:30 pm	ODU Rec Center	
Dominoes	9:00 am	10:00 am 12:30 pm	ODU Rec Center	
Lunch		12:30 pm – 1:30 pm	ODU Webb Center	\$5.00 lunch fee due <b>April 25<sup>th</sup></b> . No on-site lunch sales.
Spades	1:30 pm	2:00 pm – 4:00 pm	ODU England House	
Basketball 3 on 3	1:30 pm	2:00 pm – 4:00 pm	ODU Rec Center	Sign up as individual or a team.
Basketball Free Throw	2:00 pm	2:30 pm – 4:00 pm	ODU Rec Center	
Volleyball	2:30 pm	3:00 pm – 4:00 pm	ODU Rec Center	Sign up as individual or a team.

**To Register:** Complete attached registration form and mail with payment by April 25, 2014 to

Donna Mills, Registration Chairperson  
Norfolk Redevelopment and Housing Authority  
P.O. Box 968  
Norfolk, VA 23501

- You will receive a written confirmation letter in the mail. The confirmation letter **MUST BE BROUGHT WITH YOU** on the day of your event or events in order to participate.
- Lunch tickets must be purchased in advance** (\$5/per person, per day) and can be picked up at the registration area in the ODU Recreation Center during registration hours. Acceptable forms of payment are check and money order. Please make checks and money orders payable to **Norfolk Task Force on Aging**; please place **NSO** in the memo field. **No cash accepted. No day-of lunch purchases. No refunds.**

**Open to Ages 50 and better.**

**Must be a Norfolk resident, volunteer, or active member of a Norfolk Recreation, Parks & Open Space senior citizens organization to participate at no cost (excluding lunch). Check below to add lunch at \$5 per day.**  
**Non-Norfolk residents pay \$5 per day to participate in the NSO Games and \$5 per day for lunch.**

**Please Complete Registration Form.**  
**This Form Must Be Filled out Completely for Eligibility and Awards!**

<b>Full Name</b>					<b>Phone</b>	
<b>Email</b>						
<b>Full Address</b>						
<b>Date of Birth</b>		<b>Age Group (please circle)</b>	(50-54) (70-74) (90-94)	(55-59) (75-79) (95+)	(60-64) (80-84)	(65-69) (85-89)

<b>T-Shirt Size</b>	<input type="checkbox"/> Medium	<input type="checkbox"/> Large	<input type="checkbox"/> X Large	<input type="checkbox"/> XX Large	<input type="checkbox"/> XXX Large
<b>Gender</b>	<input type="checkbox"/> Male <input type="checkbox"/> Female	<b>RPOS Senior Club/Site</b>			
<b>Parade of Athletes</b>	<input type="checkbox"/> No <input type="checkbox"/> Yes Group Name:				

<b>Date</b>	<b>Mon. May 12<sup>th</sup></b>	<b>Tues. May 13<sup>th</sup></b>	<b>Wed. May 14<sup>th</sup></b>	<b>Thurs. May 15<sup>th</sup></b>
<b>Non Norfolk Resident Entry Fee</b>	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00
<b>Lunch Ticket</b>	N/A	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00	<input type="checkbox"/> \$5.00

**Total Check/Money Order Amount Enclosed: \$\_\_\_\_\_ (No Refunds. Money due April 25, 2014.)**

<b>Full Name</b>	
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**Please select only one event per time slot (excludes Track & Field and Swimming events).**

<b>Start Time</b>	<b>Monday: 5/12</b>	<b>Tuesday: 5/13</b>	<b>Wednesday: 5/14</b>	<b>Thursday: 5/15</b>
<b>8:00 am</b>			<b>Track &amp; Field</b> <input type="checkbox"/> ½ mile walk <input type="checkbox"/> 1 mile walk <input type="checkbox"/> 100 meter dash <input type="checkbox"/> 200 meter dash <input type="checkbox"/> Shotput <input type="checkbox"/> Discus <input type="checkbox"/> Frisbee	
<b>9:00 am</b>		<input type="checkbox"/> Singles Tennis		<input type="checkbox"/> Table Tennis <input type="checkbox"/> Checkers <input type="checkbox"/> Texas Hold 'em
<b>10:00 am</b>	<input type="checkbox"/> Bowling <input type="checkbox"/> Billiards	<input type="checkbox"/> Doubles Tennis <input type="checkbox"/> Bridge  <b>Swimming</b> <input type="checkbox"/> ¼ mile swim <input type="checkbox"/> 50 meter free style <input type="checkbox"/> 50 meter back stroke <input type="checkbox"/> 50 meter breast stroke <input type="checkbox"/> 100 meter free style <input type="checkbox"/> 200 meter free style <input type="checkbox"/> Water Walk Relay		<input type="checkbox"/> Dominoes
<b>1:30 pm</b>		<input type="checkbox"/> Softball Hit/Throw		
<b>2:00 pm</b>			<input type="checkbox"/> Jump Rope	<input type="checkbox"/> Spades <b>Basketball 3:3</b> <input type="checkbox"/> Individual <input type="checkbox"/> Part of a Team
<b>2:30 pm</b>		<input type="checkbox"/> Horseshoes	<input type="checkbox"/> Bean Bag Toss	<input type="checkbox"/> Basketball Free Throw
<b>3:00 pm</b>		<input type="checkbox"/> Croquet		<b>Volleyball</b> <input type="checkbox"/> Individual <input type="checkbox"/> Part of a Team

### **2014 Norfolk Senior Olympics Statement of Understanding**

I hereby certify that I am physically fit and able to engage in the Norfolk Senior Olympics activities for which I am registering and acknowledge and agree that the sponsors of the Norfolk Senior Olympics have no knowledge of my physical condition or abilities and are relying entirely on me not to attempt to undertake activities in the Norfolk Senior Olympics which I am not physically fit or able to perform without risk to my health or safety. I acknowledge and agree that the sponsors of the Norfolk Senior Olympics cannot make an independent evaluation of my physical health, condition, or abilities and are, therefore, relying upon my representation as stated herein.

I, the undersigned, understand and expressly assume the dangers of the Norfolk Senior Olympics competition(s) I have entered. I hereby agree to indemnify, save and hold harmless the City of Norfolk, Norfolk Senior Olympics and any other sponsoring agencies, venues or their respective agents, representatives, successors or assignees for my health, safety, loss of property or injury resulting from my participation in the Norfolk Senior Olympics and planned special events. For myself, my heirs, executors and administrators, I also hereby waive and release any and all rights, claims for loss, damage, injury or death that I might have in regard to my participation in the Norfolk Senior Olympics.

Norfolk Senior Olympics has my permission to have emergency medical personnel attend me during my participation in the Senior Olympics if it deemed necessary. In regards to my participation in the Norfolk Senior Olympics, I grant full permission to the City of Norfolk, the Norfolk Task Force on Aging, and all those associated with the event to use any photographs, videotapes, and motion pictures in accordance with any other record of this event for any legitimate purpose.

<b>Athlete's Signature</b>		<b>Date</b>	
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